

Baked Oatmeal - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Almond Milk <i>(250 ml)</i>	2	Cup	250 ml
<input type="checkbox"/>	Banana <i>(120 g)</i>	2	Piece	120 g
<input type="checkbox"/>	Oat Flakes <i>(110 g)</i>	2	Cup	110 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Bee Honey <i>(12 g)</i>	1	Teaspoon	12 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	1	Tablespoon	1 g
<input type="checkbox"/>	Flaxseed <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Coconut Flakes <i>(4 g)</i>	1	Teaspoon	4 g
